



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09266, Pineapple, raw, all varieties ^a

Report Date: June 30, 2017 21:14 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2 3}	g	86.00	21	0.506	82.5	91.57	1.0	80.972	91.027	3	Analytical or derived from analytical	--	01/2007
Energy	kcal	50	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Energy	kJ	209	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Protein ^{1 2 3}	g	0.54	21	0.037	0.3	0.74	1.0	0.182	0.9	3	Analytical or derived from analytical	--	01/2007
Total lipid (fat) ^{1 2 3}	g	0.12	21	0.018	0.05	0.2	1.0	-0.021	0.253	3	Analytical or derived from analytical	--	01/2007
Ash ^{1 2 3}	g	0.22	21	0.032	0.05	0.37	1.0	-0.051	0.493	3	Analytical or derived from analytical	--	01/2007
Carbohydrate, by difference	g	13.12	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Fiber, total dietary ³	g	1.4	6	0.057	1.2	1.5	5.0	1.224	1.516	1	Analytical or derived from analytical	--	02/2007
Sugars, total ^{2 3}	g	9.85	13	0.360	6.9	11.45	1.0	5.271	14.42	2	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 2 3	g	5.99	13	0.509	2.59	7.53	1.0	-0.477	12.464	2	Analytical or derived from analytical	--	01/2007
Glucose (dextrose) 2 3	g	1.73	13	0.089	1.31	2.82	1.0	0.597	2.864	2	Analytical or derived from analytical	--	01/2007
Fructose 2 3	g	2.12	13	0.060	1.3	3.17	1.0	1.359	2.884	2	Analytical or derived from analytical	--	01/2007
Lactose 2 3	g	0.00	13	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Maltose 2 3	g	0.00	13	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Galactose 2 3	g	0.00	13	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Starch 3	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
Minerals													
Calcium, Ca 1 2 3 4	mg	13	21	0.693	6	19	2.0	9.707	16.926	4	Analytical or derived from analytical	--	01/2007
Iron, Fe 1 2 3 4	mg	0.29	22	0.090	0.13	0.54	1.0	-0.755	1.339	4	Analytical or derived from analytical	--	01/2007
Magnesium, Mg 1 2 3 4	mg	12	22	0.411	9	24	3.0	11.117	13.741	4	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1 2 3	mg	8	21	0.570	5	17	1.0	0.723	15.189	3	Analytical or derived from analytical	--	01/2007
Potassium, K 1 2 3 4	mg	109	22	11.362	81	162	1.0	17.811	199.996	4	Analytical or derived from analytical	--	01/2007
Sodium, Na	mg	1	11	0.074	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Zinc, Zn 1 2 3 4	mg	0.12	19	0.005	0.04	0.15	1.0	0.075	0.156	4	Analytical or derived from analytical	--	01/2007
Copper, Cu 1 2 3 4	mg	0.110	22	0.017	0.04	0.19	1.0	-0.082	0.302	4	Analytical or derived from analytical	--	01/2007
Manganese, Mn 1 2 3 4	mg	0.927	22	0.248	0.12	4.17	1.0	-0.82	2.675	4	Analytical or derived from analytical	--	01/2007
Selenium, Se 2 3	µg	0.1	5	0.038	0	0.1	1.0	-0.4	0.572	2	Analytical or derived from analytical	--	02/2007
Vitamins													
Vitamin C, total ascorbic acid 1 2 3	mg	47.8	21	3.211	7.9	70.7	1.0	11.211	84.464	3	Analytical or derived from analytical	--	01/2007
Thiamin 1 2 3	mg	0.079	18	0.011	0.06	0.11	1.0	-0.057	0.215	3	Analytical or derived from analytical	--	01/2007
Riboflavin 1 2 3	mg	0.032	18	0.007	0.01	0.05	2.0	-0.013	0.078	3	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin 1 2 3	mg	0.500	14	0.229	0.17	1.49	1.0	-1.73	2.73	3	Analytical or derived from analytical	--	01/2007
Pantothenic acid 1 2 3	mg	0.213	18	0.050	0.05	0.45	1.0	-0.381	0.806	3	Analytical or derived from analytical	--	01/2007
Vitamin B-6 1 2 3	mg	0.112	18	0.006	0.08	0.15	1.0	0.046	0.178	3	Analytical or derived from analytical	--	01/2007
Folate, total 1 2 3	μg	18	18	8.972	8	36	1.0	-94.964	130.208	3	Analytical or derived from analytical	--	01/2007
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	18	18	8.972	8	36	1.0	-94.964	130.208	3	Analytical or derived from analytical	--	02/2007
Folate, DFE	μg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Choline, total 2 3	mg	5.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Betaine 2 3	mg	0.1	2	--	0.1	0.1	--	--	--	2	Analytical or derived from analytical	--	01/2007
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE 1 2 3	μg	3	16	0.372	1	4	1.0	-1.235	7.076	3	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1 2 3	µg	35	16	4.463	17	50	1.0	-14.813	84.913	3	Analytical or derived from analytical	--	01/2007
Carotene, alpha 2 3	µg	0	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Cryptoxanthin, beta 2 3	µg	0	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Vitamin A, IU 1 2 3	IU	58	16	7.439	28	83	1.0	-24.688	141.522	3	Analytical or derived from analytical	--	01/2007
Lycopene 2 3	µg	0	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Lutein + zeaxanthin 2 3	µg	0	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Vitamin E (alpha-tocopherol) 2 3	mg	0.02	7	0.002	0.02	0.03	1.0	--	0.043	2	Analytical or derived from analytical	--	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 2 3	mg	0.00	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Tocopherol, gamma 2 3	mg	0.00	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta ^{2 3}	mg	0.00	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ^{2 3}	µg	0.7	10	0.020	0.2	1.2	1.0	0.456	0.964	2	Analytical or derived from analytical	--	01/2007
Lipids													
Fatty acids, total saturated	g	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
18:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Fatty acids, total monounsaturated	g	0.013	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
18:1 undifferentiated	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Fatty acids, total polyunsaturated	g	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
18:2 undifferentiated	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
18:3 undifferentiated	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Phytosterols	mg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Amino Acids													
Tryptophan ^{2 3}	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Threonine ^{2 3}	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Isoleucine ^{2 3}	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Leucine ^{2 3}	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine 2 3	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Methionine 2 3	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Cystine 2 3	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Phenylalanine 2 3	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Tyrosine 2 3	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Valine 2 3	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Arginine 2 3	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Histidine 2 3	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Alanine 2 3	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Aspartic acid 2 3	g	0.121	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid 2 3	g	0.079	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glycine 2 3	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Proline 2 3	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Serine 2 3	g	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin 7	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Petunidin 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Delphinidin 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Malvidin 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Pelargonidin 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Peonidin 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 7 8 9	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 7 8 9	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 7 8 9	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 7 8 9	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 7 8 9	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin 7 8 9	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Naringenin 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 7 10	mg	0.0	--	--	0	0.01	--	--	--	--	--	--	--
Luteolin 7 10	mg	0.0	--	--	0	0.02	--	--	--	--	--	--	--
Flavonols													
Kaempferol 10 11	mg	0.0	--	--	0	0.01	--	--	--	--	--	--	--
Myricetin 7 10 11	mg	0.0	--	0.01	0	0.03	--	--	--	--	--	--	--
Quercetin 7 10 11	mg	0.1	--	0.14	0	0.42	--	--	--	--	--	--	--
Isoflavones													
Daidzein 12 13	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein 12 13	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 12 13	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 5 6	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers 5 6	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 6	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 6	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 6	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

Sources of Data

¹Produce Marketing Association (PMA) Nutrient Content of Pineapple, 1981

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5k, 2001 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5b, 2000 Beltsville MD

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¹³Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331

Footnotes

^a Values based on data weighted 80% extra sweet variety, 20% traditional varieties.